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The logo for Winnipeg Metro. It features the word "WINNIPEG" in a small, white, sans-serif font at the top left. Below it, the word "metro" is written in a large, white, lowercase, sans-serif font. To the right of the word "metro" is a white icon of a globe with latitude and longitude lines. A registered trademark symbol (®) is located at the top right of the logo.

News
worth
sharing.

The world was watching on Sunday as daredevil Felix Baumgartner of Austria jumped out of his capsule for his skydive over Roswell, N.M. Baumgartner broke a 52-year-old record by jumping from 38.6 kilometres above the Earth. He also became the first skydiver to break the sound barrier. Go to metronews.ca for a photo gallery and reaction. See story on page 8. STEFAN AUFSCHNATTER/RED BULL; THE ASSOCIATED PRESS



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SEED. Loans will help skilled immigrants

A new loan program is making it easier for immigrant skilled workers to work in their field of expertise.

The two-year pilot program, called Recognition Counts! Micro Loans for Skilled Immigrants, will offer micro loans up to \$10,000 to help immigrants meet Canada's re-accréditation and training requirements so they can use their skills in Manitoba.

Quoted

"We all know dentists, engineers or nurses who are driving cabs or cleaning offices so they can support their families."

Cindy Coker, executive director, SEED Winnipeg

Applicants will apply for loans with Assiniboine Credit Union and use Supporting Employment and Economic Development (SEED) Winnipeg services their financial and career planning.

"This program helps ensure that immigrants who want to work in their chosen field can get the certification, upgrading or training they need to have their education and experience recognized here," said SEED Winnipeg executive director Cindy Coker.

The loans will be used to cover training-related expenses like registration or exam fees, tuition, living allowances and child-care. Participants will begin paying off the loan three months after gaining employment or six months after they finish the counseling program.

The first loan applicants include a dentist from Egypt, a nurse from China and engineers from the Philippines and Saudi Arabia.

ALYSSA MCDONALD/FOR METRO

Crime. Police nab fourth man in teen's death

Another man has been arrested in connection to last month's beating death of a teenager in the North End, bringing the total number of charged in the killing to four.

Paris Bruce, 16, was found in the 300 block of Aberdeen Avenue around 8 a.m. Sept. 4 after neighbours reported a serious assault.

Bruce was taken to hospital in unstable condition and died a few days later.

On Saturday Gregory James Myerion, 37, of Winnipeg was arrested and charged with manslaughter due to



Paris Bruce CONTRIBUTED

his alleged involvement.

Michael James Guimond, 34, Richard Daniel Beaulieu, 36, and Warner Dairren Flett, 24, also all face manslaughter charges in the death.

Members of the Homicide Unit continue to investigate.

METRO

Obituary. Former Bank of Canada governor James Coyne dies at 102

James Elliott Coyne, a former Bank of Canada governor who battled over policy with prime minister John Diefenbaker, died Friday night in Winnipeg. He was 102.

His son, journalist Andrew Coyne, confirmed the death on Saturday.

James Coyne was appointed the second head of the bank of Canada in 1955 and held the post until 1961. He was forced to step down after refusing to adopt the

Diefenbaker government's expansionist monetary policies.

The controversy — dubbed the Coyne Affair — has since been recognized as an important step on the road to making the bank more independent and transparent.

The Winnipeg-born Coyne graduated from the University of Manitoba in 1931 and later studied at Oxford University as a Rhodes Scholar.

THE CANADIAN PRESS

Vets to get free downtown parking

Thanks for your service. Veterans will receive 20 hours of free parking a year, plus freebies on Remembrance Day and other special occasions

Start date

The program will start as early as Nov. 1 after it is finalized at Wednesday's city council meeting.

ALYSSA
MCDONALD
winnipeg@metronews.ca

Veterans will now be able to park for 20 free hours on metered streets, the City of Winnipeg announced Friday.

The parking program will use the data from Manitoba veteran licence plates and issue veterans a parking coupon book with up to 20 hours of parking annually.

Each of the coupons has date and time information on it. The veteran will scratch out the information for their time of use and

leave it on the dash of their car just like a parking meter receipt.

In addition to the coupon, vehicles with veteran plates will have complimentary parking on Remembrance Day and the anniversaries of the Battle of Vimy Ridge (April 9) and D-Day (June 6).

Korean War veteran John Gillis said it will help most when veterans go downtown for doctors' appointments and that "anything given to veterans is very much appreciated."

The idea for free veteran parking was suggested to Mayor Sam Katz by a caller on a local radio station.



A coupon book will be issued to veterans that will entitle them to 20 free hours of parking downtown. ALYSSA MCDONALD/FOR METRO

1 NEWS

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Hockey gear. Former Jet leading equipment drive

The City of Winnipeg is collecting used hockey equipment to be given to kids who don't have the money to play Canada's favourite, yet pricey pastime.



Coun. Thomas Steen, left, and Mayor Sam Katz fill up a bin of donated hockey equipment.

ALYSSA MCDONALD/FOR METRO

"I know there is lots of garages full of hockey equipment ... and its not being used. So why not share it with other people who would like to get out there and skate," said city councillor and former Winnipeg Jet Thomas Steen, who is heading the initiative.

Sport Manitoba's KidSport program, which provides funds and equipment to about 400 Winnipeg kids annually, says they see a donation shortage in some hockey equipment this year.

Boxes will be set out at all city-owned areas for two weeks and all the donations will be distributed through KidSport, Winnipeg Minor Hockey and Hockey Manitoba.

ALYSSA MCDONALD/FOR METRO

Drop-off locations:

City Hall Council Building, Bertrand Arena, Billy Mosienko Arena, Century Arena, Charles A. Barbour Arena, Eric Coy Arena, Magnot Arena, Old Exhibition

Arena, Pioneer Arena, River East Arena, Roland Michener Arena, Sam Southern Arena, Sargent Park Arena, St. James Civic Centre, Terry Sawchuk Arena, Vimy Arena.

Stickups

Police looking for holdup suspects

Police are searching for two men after two suspects came up empty-handed during a commercial robbery Saturday night.

Two male suspects armed with a weapon demanded cash from the two male employees working at a gas station in the 1400 block of Inkster Boulevard around 10:15 p.m. Neither victim was injured.

The first suspect is aboriginal, 25-30-years old, five-foot-six with a medium build. The second suspect is described as being between six-foot-one and six-foot-three.

Anyone with information is asked to call investigators at 294-986-6219 or Crime-

Stoppers at 204-786-TIPS. METRO

Robber makes off with cigarettes

Police are looking for a man after a male suspect robbed a Sturgeon Creek area store Saturday night.

Police say the armed suspect stole an undisclosed amount of cigarettes from a retail store in the 3000 block of Ness Avenue around 10:50 p.m.

The two teenaged male employees were not injured.

The suspect is aboriginal, roughly 25-years old, five-foot-10 to five-foot-11 with a thin build.

Anyone with information is asked to call police at 204-986-6219 or CrimeStoppers at 204-986-TIPS. METRO



Zombies have brains on the brain

A young zombie prepares to search for brains at the annual Winnipeg Zombie Walk on Saturday. Hundreds of flesh-eating monsters walked through downtown in support of Winnipeg Harvest. HOWARD WONG/FOR METRO

St. Boniface fire ruled accidental

Blaze at Speedway International. Manitoba fire commissioner's office blames spontaneous combustion

A fire that lit up the sky and forced hundreds from their homes is being blamed on spontaneous combustion.

The Manitoba fire commissioner's office has ruled that the Oct. 1 blaze at Speedway International fuel plant was accidental.

The office said in a report

Friday that the fire is believed to have started in an oily substance in the plant's filter press area.

The report did not specify which liquid started the blaze, but said it began in a part of the plant where biodiesel is manufactured. Methanol fuel for racing cars and windshield washer fluid are also produced at the sprawling industrial complex.

Spontaneous combustion is not uncommon, but it takes time for heat to build.

"In industrial processes, the storage or disposal of oily rags in piles can allow them to self heat, or the combustion process could have been accelerated



An explosion rocked the area during the fire on Oct. 1.

SHANE GIBSON/METRO

even large manure piles can spontaneously combust."

The findings raise questions about whether the fire might have been prevented had the plant not been empty when it started.

The fire commissioner's office said it will review what happened to determine "whether there should be any changes, or mandated time frames, for inspections of these, or similar types of industrial facilities."

Speedway International, in a written statement two days after the fire, said it was federally licensed and had complied with all regulatory safety standards and codes.

THE CANADIAN PRESS

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Andes crash survivors play memorial game

40th anniversary.

Former members of Uruguayan rugby team reflect on what they learned from a horrifying experience

Surviving members of an Uruguayan rugby team have played a match postponed four decades ago when their plane crashed in the Andes, stranding them for 72 days in the cordillera and forcing them to eat human flesh to stay alive.

The Old Christians Club squared off Saturday in Santiago in a game that was tied 1-1 against the Old Grangonian Club, the former Chilean rugby team they were supposed to play back when their flight went down. Their terrifying story became the basis of a bestselling book and a Hollywood movie.

"At about this time we were falling in the Andes. Today, we're here to win a game," crash survivor Pedro Algorta, 61, said as he prepared to walk onto the playing field surrounded by the jagged mountains that trapped the group.

During the anniversary ceremony, military jets flew over the field, where parachutists draped in Chilean and Uruguayan flags landed. In a corner, survivors wept when officials unveiled a commemorative frame with pictures of those who died in the snowy peaks.

"The conditions were more horrifying than you can ever imagine. To live at 4,000 metres without any food," said survivor Eduardo Strauch, 65. "The only reason why we're here alive today is because we had the



Carlos Paez, 58, a former member of Uruguay's rugby team who survived a 1972 plane crash with his team, waves a small red shoe after a helicopter carrying fellow team member Fernando Parrado lands in a rugby field in Santiago, Chile, Saturday. Parrado gave a similar shoe to his friends at the plane crash site in 1972 before he trekked through the Andes with a single companion for 10 days and guided rescuers back. LUIS ANDRES HENAO/THE ASSOCIATED PRESS

Survivor

"I came back to life after having died ... It's something that very few people experience."

Plane-crash survivor Fernando Parrado
Who left the crash site in the Andes with one other person to guide rescuers to the survivors.

goal of returning home.... (Our loved ones) gave us life. They made the sacrifice for others."

The Uruguayan air force plane that carried the team crashed in a mountain pass in October 1972 while en route to Santiago from Montevideo. Of the 45 passengers aboard, 16 survived by feeding on dead family members and friends preserved in the snow.

"I think the greatest sadness I felt in my life was when I had to eat a dead body," said Roberto Canessa, 59, who was a teenage medical student at the time of

the crash.

"I would ask myself: Is it worth doing this? And it was, because it was in order to live and preserve life, which is exactly what I would have liked for myself if it had been my body that lay on the floor," he said.

Desperate after more than two months in the frigid peaks, Canessa and Fernando Parrado left the crash site to seek help. It was the group's last attempt at survival. **THE ASSOCIATED PRESS**

Breaking off. Scottish, British authorities to reveal referendum terms

It's not a meeting David Cameron is likely to enjoy.

The British prime minister is due to visit the leader of Scotland's separatist administration on Monday to agree to the terms of a referendum that could break up the United Kingdom.

Cameron does not want to be the leader who presides over the demise of the 300-year-old political union between England and its northern neighbour. But, practically, there is little he can do to stop politicians in semi-autonomous Scotland asking voters whether they want to break free.

With Scotland, like much of Europe, facing recession and economic uncertainty, the answer is hard to predict.

"I can't find a job and my prospects are slim," said Sally Murray, an unemployed office worker in Edinburgh. "I've got nothing to lose. Perhaps my prospects would improve by going independent."

Officials from London and Edinburgh have been meeting for weeks to hammer out details of a vote. Sticking points included the date and the wording of the question.

THE ASSOCIATED PRESS

Poor choice of words

Bad joke prompts evacuation of main Anchorage airport terminal

The manager at Alaska's main airport says he expects charges to be filed after a bad joke led to the evacuation of a terminal.

Ted Stevens Anchorage International Airport manager John Parrott says the incident happened a little after 12 a.m. local time Sunday, and the terminal was cleared as authorities searched through baggage. Investigators questioned a man who made reference to a bomb, as well as his two travelling companions.

They figured out that he was joking, and needless to say, they didn't find it funny.

Parrott says he expects state charges and possibly federal charges to be filed against the man, but referred further questions to prosecutors. The terminal was reopened at about 3 a.m. local time.

THE ASSOCIATED PRESS

Adorable snack

Chinese scientist says fossils show prehistoric man ate pandas

A Chinese scientist says that humans used to eat pandas.

In a newspaper interview, Wei Guangbiao says prehistoric man ate the bears in what is now part of the city of Chongqing in southwest China. Wei, the head of the Institute of Three Gorges Paleoanthropology at a Chongqing museum, says many excavated panda fossils "showed that pandas were once slashed to death by man."

The Chongqing Morning Post quoted him on Friday as saying: "In primitive times, people wouldn't kill animals that were useless to them" and therefore the pandas must have been used as food.

But he says pandas were much smaller then.

Wei says wild pandas lived in Chongqing's high mountains 10,000 to one million years ago.

THE ASSOCIATED PRESS

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CBC NEWS

Pussy Riot members face tough prison life

Life inside. Women live with 30 to 40 others in a room, exercise outdoors in temperatures as low as -30 degrees

It's a far cry from Stalin's gulag, but the guiding principle of the Russian penal colony — the destination of two members of punk band Pussy Riot — remains the same: Isolate inmates and wear them down through "corrective labour."

Maria Alekhina and Nadezhda Tolokonnikova will have to quickly learn the inner laws of prison life, survive the dire food and medical care, and risk bullying from inmates either offended by their "punk prayer" against President Vladimir Putin or under orders to pressure them.

In colonies for women, inmates live in barracks with 30 to 40 to a room. They begin the day by shuffling outside for compulsory exercises at daybreak, in temperatures as

How they got there

- Maria Alekhina, 24, Nadezhda Tolokonnikova, 22, and Yekaterina Samutsevich, 30, were convicted of hooliganism motivated by religious hatred after a performance in Moscow's main cathedral designed to protest against Putin's election.
- An appeals court released Samutsevich.
- The women insisted their protest was political but many said they were deeply offended by the sight of the band members dancing on the altar in balaclavas.

low as -30 C. After a breakfast of gruel, they spend seven to eight hours a day at work, usually hunched over sewing machines.

Since there is only one women's penal colony near Moscow, female prisoners from the capital are com-



In this photo from 2011, women wait to be escorted for work at a women's prison outside Orel, Russia. Two members of the punk band Pussy Riot will serve their sentence in a penal colony far from Moscow. YURI TUTOV/THE ASSOCIATED PRESS

monly sent to Mordovia, a swampy, mosquito-infested province on the Volga River. Defence lawyers said Alekhina and Tolokonnikova would be transported to a penal colony within two weeks.

Despite the harsh conditions, many prisoners still pre-

fer them to the pre-trial detention centres, where they are kept in cramped, sometimes spectacularly unhygienic cells and only allowed out for an hour a day. The Pussy Riot members were held in such a centre since their February arrest.

The Pussy Riot members' lawyers and supporters also fear that Orthodox believers may attack them, either inspired by the extremely negative coverage of their protest on state television or egged on by state officials.

THE ASSOCIATED PRESS

Penal colonies

Other high-profile cases

There have been other high-profile penal-colony inmates in Putin's Russia.

Mikhail Khodorkovsky, the imprisoned head of the Yukos oil company, served part of his 14-year sentence in an Eastern Siberian colony. Once Russia's richest man, he served his time making mittens. Arrested in 2003, Khodorkovsky was convicted in two cases seen as punishment for challenging Putin's power.

Svetlana Bakhmina, a lawyer who spent three years in a penal colony, said you have little free time to yourself in the prison colony, where guards often compel prisoners to attend classes or participate in cultural activities.

In a U.S. diplomatic cable released by WikiLeaks in 2010, former Ambassador William Burns recalled visiting a women's prison where inmates put on a "bizarre fashion and talent show" for American officials.

"Boredom doesn't exist in the colony. It's too good a concept for it. You just regret the time you spend," Bakhmina said.

THE ASSOCIATED PRESS

Russia. Opposition allege fraud in local elections

President Vladimir Putin's loyalists appeared likely Sunday to retain their hold in thousands of local elections that offered slightly more room for competition, but were marred by opposition claims of widespread vote fraud.

The Kremlin eased stiff election laws in response to major protests against Putin last winter, but introduced new restrictions after the demonstrations abated. Kremlin-approved gov-

ernors and most of the incumbent mayors appeared poised to preserve their seats and the United Russia party will likely keep dominating local legislatures and municipal councils.

Opposition parties and an independent election monitoring group pointed at reports on "carousel" voting and said that authorities at some stations failed to allow observers to verify that ballot boxes were sealed. THE ASSOCIATED PRESS

9-11. Judge may censor Guantanamo detainees

A U.S. military judge is considering broad security rules for the war-crimes tribunal of five Guantanamo prisoners charged in the Sept. 11 attacks, including measures to prevent the accused from publicly revealing what happened to them in the CIA's secret network of overseas prisons.

Prosecutors have asked the judge to approve what is known as a protective order that is intended to prevent the

release of classified information during the eventual trial of Khalid Sheikh Mohammed and four co-defendants.

Lawyers say the rules will hobble their defence. The American Civil Liberties Union, which has filed a challenge to the order, says the restrictions will prevent the public from learning what happened to the defendants during years of CIA confinement and interrogation.

THE ASSOCIATED PRESS

Syria. Jihadi group tied to seizure of defence base

A shadowy jihadi group believed to be linked to al-Qaida fought alongside rebels who seized a government missile defence base in Syria on Friday, activists said, heightening fears that extremists are taking advantage of the chaos to acquire advanced weapons.

Videos posted online Friday said to have been shot inside the base said the extremist group, Jabhat al-Nusra, participated in the overnight battle

for the air-defence base near the village of al-Taaneh, east of Aleppo. The videos show dozens of fighters inside the base near a radar tower, along with rows of large missiles.

A report by a correspondent with the Arabic network Al-Jazeera said Jabhat al-Nusra had seized the base. The report showed a number of missiles and charred buildings, as fighters covered their faces with black cloths. THE ASSOCIATED PRESS

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Stratospheric skydive goes down in history

Faster than a speeding bullet.

Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 24-mile (38.6-kilometre) jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you

do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a max-

"Sometimes we have to get really high to see how small we are."

The altitude he leapt from also marked the highest-ever for a skydiver — more than three times the height of the average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety check-list with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with a 20-second delay.

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty. He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

THE ASSOCIATED PRESS

The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.
- **Social media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.



Felix Baumgartner celebrates, Sunday, near Roswell, N.M., after becoming the first skydiver to break the sound barrier. The Austrian also broke the record for the highest skydive. BALAZS GARDI/RED BULL STRATOS/THE ASSOCIATED PRESS



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News worth sharing.

La Francophonie. Harper wants next summit held in a democratic country

Prime Minister Stephen Harper says he's glad he attended the summit of French speaking nations but hopes the next one is held in a country that promotes democratic values.

Harper said Sunday that he had definite reservations about taking part in the weekend's international gathering of la Francophonie in the Democratic Republic of the Congo.

The African country has been widely criticized for abusing human rights and allowing widespread sexual violence against women.

President Joseph Kabila was returned to power last year amid allegations of electoral fraud, something Harper

Meeting

Prime Minister Stephen Harper and Quebec Premier Pauline Marois met while in the African country Saturday.

- **Co-operation.** Harper said the meeting was "cordial" and focused on the economy.

described as "completely unacceptable."

But Harper said his visit did allow him to meet people who are changing things in the country. **THE CANADIAN PRESS**

Guns

Firearm-related crimes cost billions

Crimes involving guns cost Canadians more than \$3 billion a year, suggests an internal Justice Department study that may stoke the gun-control debate. **THE CANADIAN PRESS**

Car rage

Man bashes own car in parking lot

A man who bashed his elderly hearse with a sledgehammer in a Canadian Tire parking lot in Halifax Sunday was giving it a "proper sendoff," say police. **THE CANADIAN PRESS**

Online bullying victim shocked by girl's death



Amanda Todd, 15, is shown in this undated handout photo from a Facebook memorial site set up after her suspected suicide. **THE CANADIAN PRESS/FACEBOOK-HO**

Mental health. Teen who also posted video about being bullied wishes he could have helped Amanda Todd

Their pleas for help were strikingly similar, but ended with tragically different results.

Amanda Todd, 15, of Port Coquitlam, B.C., and Jonah Mowry, now 15, of Lake Forest, Calif., may have never met, but both lived lives of torment at the hands of bullies. Both recounted their suffering through hand-written notes, flashed before video cameras and published online.

They wrote about their loneliness, lack of friends and

Quote

"I think that putting your kid in therapy can be good for so many reasons."

Jonah Mowry, 15

A California teen on how parents can help their children dealing with bullying.

thoughts of suicide, yet only one remains alive.

The BC Coroners Service has said preliminary indications suggest Todd took her own life last Wednesday.

"I was kind of speechless," said Mowry, when he learned of Todd's death. "I kept thinking I wish I could have known her, I wish I could have talked to her, I wish I could have done something."

In the wake of Todd's death, victims of bullying across North America like Mowry, and his parents and their friends, are reliving their own experiences and offering advice on how to survive the torment and end the harassment.

The reactions come while RCMP investigators conduct interviews and review the factors that led to the death of the B.C. teen.

Todd had posted her nine-minute video on YouTube, in which she described how she suffered anxiety, major depression and turned to drugs and alcohol and even tried to kill herself twice.

THE CANADIAN PRESS

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- 🕒 **Friday, 19 October 2012**
 - Blaskappelle German Club Band
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 - Executive Big Band

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- 🕒 **Monday, 22 October 2012**
 - Ray St. Germain
 - Winnipeg Male Chorus
 - Assiniboia Concert Band

Bach, Broadway and Benny

- 🕒 **Tuesday, 23 October 2012**
 - Chamber Orchestra of St. John's College
 - Sweet Adelines — Assiniboine Show Chorus
 - The Murray Riddell Big Band

Earlier Popular Music

- 🕒 **Wednesday, 24 October 2012**
 - Northwinds Community Band
 - New Horizons Band
 - Crazy Eights Dixieland Band

Strings and Winds

- 🕒 **Thursday, 25 October 2012**
 - Winnipeg Pops Orchestra
 - Winnipeg Mandolin Orchestra
 - Westwood Community Band

Anthems, Ballads and Concerti

- 🕒 **Monday, 29 October 2012**
 - Festival Orchestra
 - Frank Burke and Ron Paley
 - Festival Concert Band

Celebration of Seniors

- 🕒 **Tuesday, 30 October 2012**
 - Sisters of the Holy Rock

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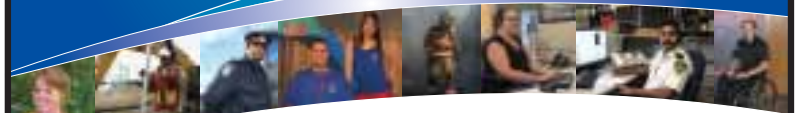
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Aerospace industry. India presents 'real opportunity' for Canada: Trade council

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top five aerospace country by 2020.

"I think there is a real opportunity for us," council president Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier, they're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."



Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

Canada's aerospace and space sectors generate annual revenues of more than \$22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms, are already pushing to take advantage of the growing demand for new aircraft, pilot training and airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said.

THE CANADIAN PRESS

By the numbers

\$1T

The aerospace opportunity in India could total \$1 trillion, and even though Canada's share will be small, it's still significant compared to where Canada's sector has been historically, says Rana Sarkar, head of the Canada-India Business Council.

Broadcasting

Radio-Canada focuses too much on Quebec: Study

A long-standing complaint concerning Quebec navel-gazing by the CBC's French-language news service has been revived as the national broadcast regulator considers Radio-Canada's licence renewal. Sen. Pierre de Bane commissioned an exhaustive research study that suggests Quebec television viewers may be getting an "unrepresentative image of the Canadian reality."

A sample of 2010 newscasts on Le Téléjournal, taken by a Carleton University researcher, found 42 per cent of the coverage focused on Quebec, a third dealt with international news and just 20 per cent covered Canadian "national" news. THE CANADIAN PRESS

TD Bank

Wayward data tapes affect 1,000 account holders

A TD Bank spokeswoman says about 1,000 Canadians with U.S. accounts could be affected after data tapes containing personal information were misplaced.

Maria Saros Leung says letters will be sent to those customers by next Friday. But she says in an email that the bank is not classifying the incident as a breach since there's no evidence of criminal activity.

TD Bank has confirmed unencrypted backup data tapes were misplaced during transport in March and said it has started notifying about 260,000 customers from Maine to Florida. THE CANADIAN PRESS



Cattle look out from a feedlot in Brooks, Alta., Wednesday. Lee Nilsson, co-CEO of XL foods, which runs a Brooks-based meat processing plant at the centre of an extensive recall, acknowledged the plant's stoppage has "caused a great amount of turmoil in the beef community." JEFF MCINTOSH/THE CANADIAN PRESS

Beef plant reverses layoffs to break inspection impasse

E. coli contamination. After weekend of finger pointing, outlook for operations to resume at Alberta firm is improved

The meat processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, resolving a deadlock that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when the firm announced it was temporarily laying off 2,000 workers.

Federal inspectors said they had nothing to inspect with-

out the workers handling the beef.

The Brooks, Alta.-based company blamed the layoff decision on the fact the federal government hadn't given it a firm date for when it would get its licence back in order to fully resume operations.

But late Sunday afternoon, XL Foods put out a news release saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL

Quoted

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations."

Brian Nilsson, co-CEO, XL Foods

Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

Lee Nilsson, fellow co-CEO, had also made a pointed reference to the federal agency in an interview Friday with the Alberta Farmer Express.

"I know it's caused a great amount of turmoil in the beef community. I'd just like to say hang on because all things will

pass, but at this point there seems to be an uncertainty as to which direction CFIA is going with regard to E. coli at my plant, or any other plant in the country," Nilsson said.

The decision to lay off the workers and effectively shutter the plant caused an immediate backlash. The CFIA said it was completely up to XL Foods as to when the plant would be reopened, and Agriculture Minister Gerry Ritz had given no hint of softening on the inspection regime.

THE CANADIAN PRESS

COMMUNITY SUNDAY: OCTOBER 21

Ever thought of designing a stamp?

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On your way in, browse clothing, jewellery, handbags, baked goods and more at our Artisan's market, then relax over lunch, coffee or a glass of wine while you listen to the music of the Karl Kohut Trio and their gorgeous interpretations of Steve Wonder's Innervisions. With special guest Joanna Majoko on vocals, the trio features Curtis Nowosad and Will Bonness.



OPEN 11am-5pm (music 1:30-3:30). Past the Trappist Monastery Ruins. Free admission, donations appreciated.

Drug-patent deal could cost \$2B yearly, officials say

Confidential federal research on free-trade talks with Europe shows that giving the European Union just one part of what it wants on drug patents would cost Canadians up to \$2 billion a year.

The Department of Foreign Affairs and International Trade has always insisted it's a "myth" that the Canada-EU free trade deal would increase

health costs.

But in September, officials at Industry Canada and Health Canada combined forces to examine the cost of the European demand to implement a patent-term restoration system. The Canadian Press has learned.

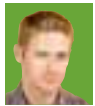
They found that based on past history of approval patterns, the EU proposal would

add an average life of 2.66 years to a typical drug patent, and increase Canadian drug costs by between \$795 million and \$1.95 billion annually.

The range of projections is large because government analysts have no way of knowing exactly what kind of drugs will be in line for patents in the future, and had to make some broad assumptions.

Generally, the extra costs stem from patients having to rely on brand-name drugs longer than they do now, rather than turn to cheaper generic drugs that would be available sooner if patents were not extended. The costs would have to be covered by provincial drug plans, employee insurance plans and individuals who buy drugs. THE CANADIAN PRESS

DUMPING ON EMTERRA IS A GARBAGE MOVE



**URBAN
COMPASS**
Colin Fast
winnipeg@metronews.ca

It's Monday morning, do you know where your garbage is? Hopefully it's at the landfill by now, because city politicians and administrators have been threatening all sorts of

trouble for garbage contractor Emterra if the new collection system wasn't on schedule by today.

As predicted in this column two weeks ago, the launch of the new system has been the worst disaster in the history of Winnipeg. Well, no, not really. It has actually gone entirely as expected, with plenty of missed collections, confusion and complaints.

But because of the volume of those complaints, civic officials are playing a classic game of pin the blame on the donkey. And in this case, they're making Emterra out to be the ass.

Smells like trash

There's no question Emterra has struggled mightily to keep up with the collection schedule, but it's a convenient target for city councillors and administrators who don't want to accept responsibility for their own contribution to garbage-aggadon.

However, it was the city, not Emterra, who decided to switch nearly 190,000 homeowners to a new garbage system on the same day, rather than rolling out the new carts in a phased approach.

It was also the city's decision to make the change in the middle of fall, when homeowners are looking to get rid of roughly a gazillion bags full of leaves.

New garbage system + extra bags + missed collections = a recipe for lots of angry 311 calls.

(Yes, it would be great if more people mulched or composted their leaves, but

the reality is that we're not there yet. Lots of homeowners still, wrongly, just toss them straight in the trash. Hopefully, over the long term, the new system will encourage them to be more responsible.)

On top of that, the city decided to close its yard waste drop-off depots at the same time it launched the new service.

Sure, some people treated those depots as seasonal garbage dumps. But at least if they'd stayed open for another few weeks this year, homeowners would have had another way to dispose of yard waste while adjusting to the new system.

The city will point out that it's also offering curbside collection of yard waste on a bi-weekly basis through the fall.

True, but it didn't work with local retailers to ensure there were enough compostable bags on store shelves to meet the demand. And suggesting that people use their tiny old blue bins to hold leaves seems like more of a joke than a solution.

But perhaps the city's biggest failure was in managing expectations.

You always want to under-promise and over-deliver when you make a change this big, and the city should have been much more clear about the possibility of significant delays in the first few weeks of service.

It could have even given every homeowner a voucher for a free trip to the Brady Road landfill, so they could get rid of their own garbage in a worst case scenario. But instead, the news was all positive and the back-up plan was non-existent.

Look, there's no question Emterra has struggled mightily to keep up with the collection schedule, but it's a convenient target for city councillors and administrators who don't want to accept responsibility for their own contribution to the perceived garbage-aggadon.



Read more of Colin's
columns at
metronews.ca

Polar bear? No, it's polar beer!



ROBERT NEMETI/SOLENT

Quirky beer making

Unfreezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

Explorer's viewpoint

"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea ... I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."

Explorer Rob Brown (pictured), from the National Oceanography Centre in Southampton, England. Brown is one of the team members who will be enjoying the beer in Antarctica.

Beer status

Beer's journey for Christmas arrival

The secret recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles, which will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

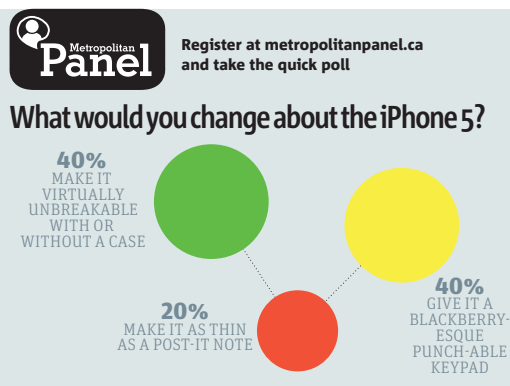
After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

Yuletide lager

20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.



Twitter

@PlatinumRosie: 71 more nights until #christmas #winnipeg. Shine up your credit cards, and empty your wallets, it's shopping time!

@Miss_Rayne: That being said, i still love my Winnipeg blue bombers. No where to go but up from this season

@HayleyHitchcock: Okay so... Waking up in my own bed is awesome. But not being in

Winnipeg is terrible. #lovethatplace #bestweek

@S_t_o_n_e_m_a_n: Has Winnipeg's danger level risen since I left in 1997?

@CarlisleCulle10: Zombie Walk Winnipeg was awesome!!!!!! Went with Michael Champagne. Some of the outfits of the other zombies were Hollywood quality.



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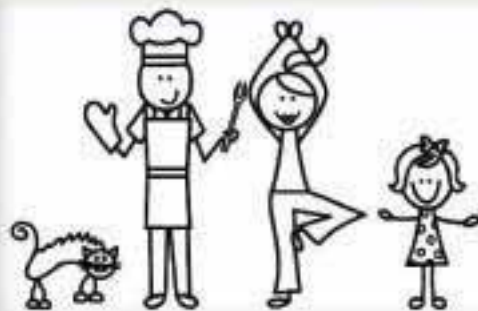
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Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC
scene@metronews.ca

Classic show revisited

Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

1. One spy said to the other, "Beware of Lola, one of her CAMERAS is really a camera."
Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

2. The sexiest thing a woman can wear is A SMILE (WHILE NAKED).
Debra says: I'm totally guessing at this one. I clearly have no idea.

3. John and George traded WIVES for a week
Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

Hometown Showdown: Where do these hosts hail from?

Monty Hall Let's Make A Deal

Clue:
A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.



ALL HOSTS GETTY IMAGES

Howie Mandel Deal or No Deal

Clue:
With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.

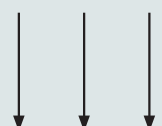


Alex Trebek Jeopardy

Clue:
This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.



Flip over for answers



- 3. Sudbury
- 2. Toronto
- 1. Winnipeg

Name that Homegrown Show

J _ t Like M _

The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

T _ t P _ tern

Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.



Remember this one? Or are you stumped? Get it? SCREENSHOT

_ m _ r Stu _ ers

This Global TV puzzler hosted by Al Dubois turned the highway boredom busting pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be

"MRONV" belongs to The Voice judge Adam Levine. Answer: Maroon 5.

_ u B _ t _ ou _ A _

This trivia show was never short on potty humour. Take this actual question from the category 'Smelly Things:'

Flip over for answers



- 4. You Bet Your Ass
- 3. Bumper Stumpers
- 2. Test Pattern
- 1. Just like Mom

"What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

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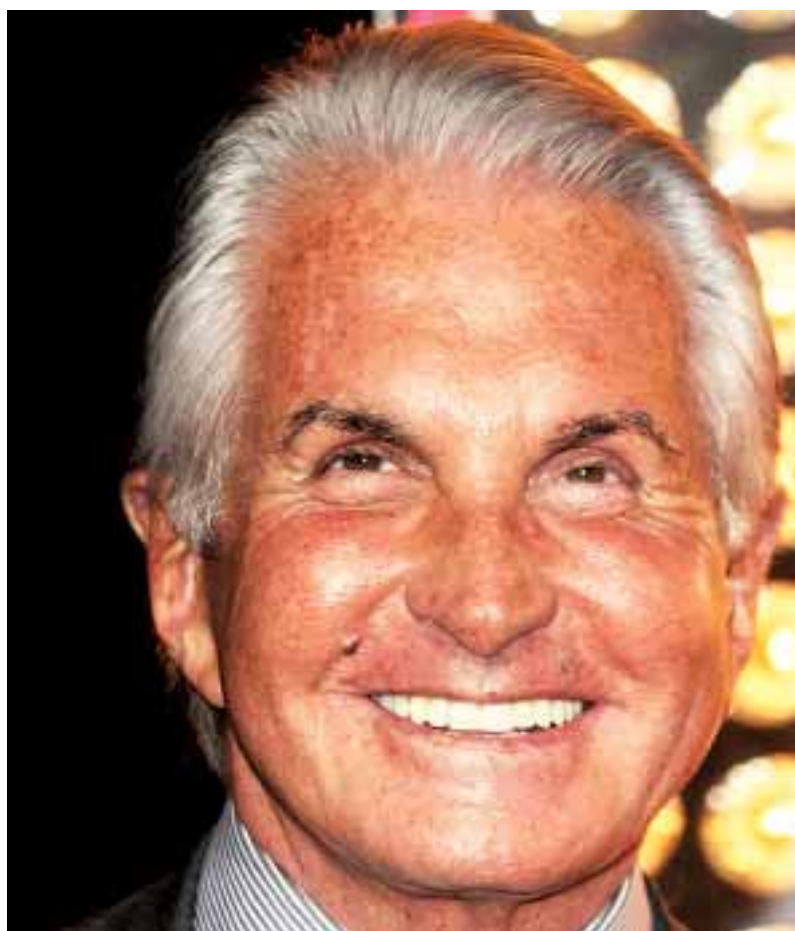
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2
SCENE



Actor George Hamilton and that famous tan. GETTY IMAGE

Veteran actor/ladies' man Hamilton shows us he's still tan-tastic

Q&A. As smooth and funny as ever, the Love at First Bite star shares some time and advice with Metro readers

MARK BRESLIN
scene@metronews.ca

George Hamilton is renowned for his handsome, martini-swirling, jet-setter image, and of course that famous bronzed skin. These days he is partial to reality TV shows and movie spoofs, although in his early acting days the Tennessee native was a serious contender for dramatic film stardom. He drifted into comedy and parody though, occasionally delving into drama or theatre, but ultimately forming a successful career. Here Metro's Mark Breslin poses some questions to the man himself.

You've been involved with some of the most beautiful women in the world. What advice would you give a young man just starting out?

The first thing you tell a woman is that sex is something you want and you wouldn't be with them unless you wanted to have sex. You may have dinner with them 100 times before that happens but you want them to know you would never pounce on them. Then you let the woman know you're old-fashioned; basically you open doors, stand up for her, they find it very charming. And then you order for her, they find it very charming. And then the other part of that is, you don't have to say you're faithful. There could be the possibility of other women but you never lie. You never lie about that.

George, you're known for your signature tan. Do you have any friends that are dermatologists?

Yes and they've all asked me what my secret is.

How many tuxedos do you own?

Probably about 50. Sinatra probably wants one of them back.

Do I have to ask your position on casual Fridays?

I don't even know what casual Fridays are.

Do you think it's a particular challenge for a handsome man to do comedy?

I don't think anyone expects a good looking guy to be funny and I think that's part of the problem. I had to produce movies like Love at first Bite, and Zorro: The Gay Blade just to show that I was funny. Then they forget that you can play serious!

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Building on his television success

Mike Holmes.

Canada's handyman is taking on larger projects for new show

With Canada's housing market showing signs of cooling, prospective buyers need to stop looking for their "dream home" and be practical, says celebrity contractor Mike Holmes.

"We need to buy with a solid mind, meaning, is the area smart to buy in?" the construction and renovation expert said in a recent phone interview to promote his new series, *Holmes Makes It Right*.

"What is the area? Does it contain asbestos, does it have termites in the area? We can find all this out before we look but we're not doing that little bit of homework that is so necessary, even trying to find the right home inspector before we buy," he added.

"When it comes to your home, one thing that's really clear: this is about the most money you're ever going to spend in your life — don't you want to spend your money right? Buy with a proper conscience of what you need to



Toronto native Mike Holmes HANDOUT

buy and not of what you think you want."

In *Holmes Makes It Right*, the beloved, brawny Toronto native does what he did in his previous series, *Holmes on Homes* and *Holmes Inspection*: He comes to the rescue of distraught homeowners suffering from contracting work gone wrong.

Only this time, he's also tak-

ing on larger projects, including the redesign and build of an arson-destroyed High Park playground in Toronto, and the construction of an accessible outdoor deck and dining area for a paralyzed teacher.

"The storyline in *Holmes Makes It Right* is so much bigger and I'm the type of guy, I can't turn a blind eye to something," said Holmes, who is

still in touch with many of his clients from past episodes and often gets thank-you presents and cards from them.

"So if I actually walk in the house and I see a lot more wrong with it, I'm my own worst enemy because then I'll say, 'We need to look into this, we need to look into this,' and before we know it, from what is scheduled to be a three-week

job turns into six months of construction and a half a million dollars later."

Holmes said when he first agreed to be on television over 10 years ago, he vowed it would just be for two years because he's too busy.

"And 'Hotel California' stepped in where you won't let me go," he said with a laugh, noting that out of the 100,000

emails he gets from viewers a year, "probably 60,000 of them are begging for help and are in real turmoil."

"That I can't help everyone is the hardest thing that I face. I wish I could. A lot of these people may go bankrupt, lose their home ... (go through) divorce — I call it divorce dust. But I'm doing what I can and I'm trying to teach so they don't fall in this trap."

While Holmes may hear from viewers often, that's not the case when it comes to the contractors whose shoddy work led to the disasters he sees in homes.

"Out of almost 200 shows that I've finished by this date, there's only two contractors that I've heard from," he said. "They put the tail between their legs and sort of run. It's a shame but it's expected."

"They realize they were wrong and I can only hope that the majority learn from what they saw on television."

THE CANADIAN PRESS

Tune in

Holmes Makes It Right debuts Tuesday (at 9 p.m. ET/PT) on HGTV Canada.

We are looking for Winnipeg's **hottest** new face.

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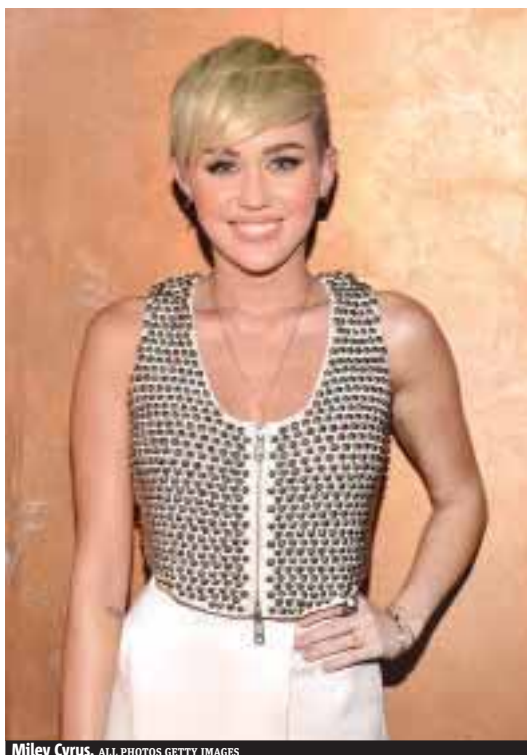
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Miley Cyrus. ALL PHOTOS GETTY IMAGES

Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

Quoted

"If he fails, at least fails while daring greatly"

What one half of the Cyrus/Hemsworth tattoo says.

Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Penn and Madonna re-uniting?



THE WORD
Dorothy Robinson
scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was

moonin' Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teenage boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.



Lindsay Lohan

Lohan loans money to Mom to save her house

Lindsay Lohan's recent scuffle with mom Dina Lohan apparently had something to do with money — and a reported \$40,000 loan.

But according to new reports by the New York Post, that barely scratches the surface of Dina's debt situation.

Dina is reportedly in debt

for \$1.3 million, including \$914,000 she owes to JPMorgan Chase for the mortgage on her Long Island home, according to the newspaper.

And that loan from Lindsay?

That was apparently a last-ditch effort to keep her house out of foreclosure.



Mila Kunis

Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with the public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine.

"When they walked

out, Ashton fed Mila some of her ice cream," a source said. "They were very cute together."

Kutcher has been staying with Kunis while she films a movie in New York, and while there they've done little to hide their love.

Twitter



@hughhefner

I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!



@RealHughJackman

On set for my birthday. Thanks for all the best wishes!



@stephenfry

Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.



@SarahKSilverman

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Ditching the very distracted dinner table

Family time. Sitting down to eat together is an important part of inspiring and engaging



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it can seem easier to just have everyone



Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

Benefits

The studies speak loud and clear.

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.

take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to allow the kids to better understand the challenges and suc-

cesses they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember, it doesn't hurt to have them take responsibility for table setting and clearing. Make it a family activity. Bon

appétit!

KATHY BUCKWORTH IS AN AWARD-WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Exclusively online

metronews.ca/voices

- **Why mommy's reaching for that martini.** Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling overwhelmed, mom? Declare a strike



Dishes piled up when a Calgary mom went on strike. ISTOCK

Jessica Stilwell let plates pile up and left stinky laundry scattered on the floor to teach her messy kids a lesson.

After six days, she declared victory in her "mommy strike" and gained worldwide attention for her comical blog detailing the struggle.

"Could I ever have imagined this? Absolutely not. It's very overwhelming," Stilwell said over the phone Friday following an interview with TV host Katie Couric in New York.

The 37-year-old social worker appeared earlier in the week on The Today Show and got a

high-five from host Matt Lauer for her parenting experiment.

She's off again next week to do The Jeff Probst Show in Los Angeles. Her story has appeared in newspapers from New York to London. Her blog has attracted comments from mothers as far away as France.

Stilwell said the strike worked for her family.

"I think we all learned that despite us being a really busy family, we can't let it slip. My girls have responsibilities."

Stilwell's blog — Crazy Working Mom: Diary of a mother on the brink of snap-

ping! — details how she got fed up with her daughters and decided to go on strike Oct. 1.

She let her husband, Dylan, in on the plan but they didn't tell the girls — twins Olivia and Peyton, 12, and Quinn, 10.

The couple cleaned up each plate and fork they used but left the girls' dishes untouched.

Mould and fruit flies gathered. One pet dog licked clean the dishes that made it into the dishwasher when the door was left open. "Which begs me to question," wrote Stilwell, "if the children will think it's actually clean and proceed to use

the dishes in the morning?"

Her youngest girl cracked on Day 4. "My little love broke down in the kitchen tonight as she was trying to rinse a glass to use and began to cry. Through her sobs she said, '...Can you please help me clean up?'"

Stilwell said she tried to negotiate, but it took two more days before all three girls realized they had created the mess and apologized. They then cleaned as a family.

"I know some of you are sad 'The Strike' is over. But feel happy for me please. I WON!!" wrote Stilwell. **THE CANADIAN PRESS**

3
LIFE

The In-Credibility Factor

Name: Devon Brooks
City: Vancouver
Age: 26
Occupation:
 Brand and business
 advisor, public
 speaker



THE IN-CREDIBILITY
 FACTOR
 Teresa Kruze
 life@metronews.ca

Devon started Blo Blow Dry Bar with two other women when she was still in school and today it has grown to 28 locations across Canada and the U.S. While starting her business no one knew she was going through post traumatic stress disorder from being raped when she was 18 and violently assaulted and held against her will when she was 21. Today she speaks about her experiences and how personal troubles shape our lives and affect how we do business.

I knew I was on my way when... I gave my first public talk about my experiences with assault. I knew sharing this was the most important thing I was going to do. You're not always responsible for



Devon Brooks PROVIDED

what happens to you, but you are responsible for how you behave. As a leader, if you're not abreast of what's impacting humanity, you can't understand what's impacting your people. Statistics around violence are staggering. Leadership is in how we react to what we learn — it shapes and defines the future for our companies, teams, and our lives.

Action Plan

- Define your core values:

They are the essence of us as individuals and the foundation of our company's potential. Live and die by your values. Hire and fire by your values.

- Never sacrifice them: Most things in life are negotiable. Your values are not one of them.
- Get real on passion: Passion is a choice. It is when you give something more energy than is required. Passion is your core values in action.

Fatigue gets failing grade in France

C'est la vie! Country looking to upend school year traditions in support of work-weary youngsters

French children go to school four days a week. They have about two hours each day for lunch. And they have more vacation than their counterparts almost anywhere in the West.

It may sound a bit like the famously leisurely work pace enjoyed by their parents, most of whom work 35 hours per week as dictated by law.

But the nation's new government says elementary school kids risk classroom burnout, and is moving to help them cope. The issue: French school days may be relatively few, but they are at least as long as a day of work for adults. Even 6-year-olds are in class until late into the afternoon, when skies are dark, attention flags and stomachs rumble.

As a candidate, President Francois Hollande promised to change things by adding a fifth day of classes on Wednesday while shortening the school day. For France, it's something of a revolutionary idea that would overturn more than a century of school tradition. The thinking is that the days are too full for young children under the current system and that Wednesday free time could be put to more productive use.

"France has the shortest school year and the longest day," Hollande said at the time, promising change.

His education minister, Vincent Peillon, will decide this month how to carry out the reform. He has said he



Critics of the possible addition of a Wednesday school day in France have suggested lengthening lunch to three hours to tackle the long work days of students. CHRISTOPHE ENA/THE ASSOCIATED PRESS

The long and short of it

France has the shortest school year and the longest day.

Ecoliterate co-author Lisa Bennett

may also compensate for a shorter school day by trimming France's sacred summer vacation. A panel of experts will present their conclusions on Friday, and the president is expected to address the issue on Tuesday.

No proposal affects tradition — and potentially family and municipal budgets — as much as what the French call changes to the "scholastic rhythms."

There's been a midweek break in French primary schools dating back to the 19th century, a government concession to the Roman Catholic Church, which wanted children to study the catechism on

their weekday off. In today's secular France, Wednesdays currently are a blur of sports, music, tutoring for families of means, or a scramble for working parents struggling to get by — who must either find a sitter or send their kids to a full day at a state-run leisure centre.

Many parents are afraid that the changes will force them to figure out extra childcare five days a week, especially at schools where the afterschool program amounts to sitting silently at a desk for two hours or near-chaos in the play areas. Under the education proposal, school would end at lunchtime on Wednesday.

"It's completely unrealistic," Valerie Marty, president of the national parents' organization, said of the proposed timetable. "They have to figure out who will take care of the children after school, who will finance it."

THE ASSOCIATED PRESS

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Mentoring helps people to focus on business challenges and arrive at ways to overcome them. For small business owners, research has shown that having a mentor can substantially increase the overall success rate.

Yet, like all relationships, a mentoring relationship takes time and work.

The Canadian Youth Business Foundation, an organization that provides mentors to young entrepreneurs, suggests the following key attributes for a successful mentoring relationship:

Trust Built over time, trust means being able to share



All meetings should have some structure so that they can be productive and meet all expectations. ISTOCK

sensitive information, including personal doubts, financials and mistakes. Trust is gained from a mentee by remaining neutral while offering actionable advice. A mentor grows to trust their mentee when they see their advice reflected upon and applied.

Mutual respect When

choosing a mentor most individuals chose someone that they respect for some aspect of their personality or success. This has to be ongoing and work both ways. The mentor also needs to respect their mentee's ideas, experiences and concerns. Each side needs to respect the other's time and commitments.

Structure There should be clear boundaries in the relationship, such as defining appropriate areas for advice; making sure that communications from both parties are timely; and scheduling times to meet or talk.

NEWS CANADA

Active listening

The skill of listening is central in creating a positive mentoring environment

- Good mentoring is about giving your undivided attention to the other

while you are in conversation.

- There must be time for both individuals to question the other, and to offer thoughtful answers.

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QUESTIONS TO ASK YOURSELF

BEFORE BECOMING YOUR OWN BOSS

Entrepreneurship dangles an enticing carrot — be your own boss. Work your own hours. But what should you know before reaching out for this exciting, yet risky venture?

Here are five questions to consider.

1 ARE YOU PREPARED FOR AN UNSTRUCTURED ENVIRONMENT?

“There’s a lot of structure that exists in a regular work environment. And if you’re thinking about opening a business, then suddenly anything you know about structure goes right out the window,” says Tracey Scarlett, CEO, Alberta Women Entrepreneurs based in Edmonton and Calgary. “You need to be able to deal with uncertainty and even not knowing exactly what your revenue might end up being.”

2 IS YOUR PRODUCT NEEDED? “You’ll need to learn if there is a demand for your product or service and whether growth potential exists in the marketplace,” says Rab Kooner, business adviser with Vancouver-based Small Business BC. “A competi-



ISTOCKPHOTO/THINKSTOCK

tive analysis will reveal who your direct competitors are, what they are offering and at what price point, and this can help you uncover your niche and better develop a competitive edge.”

3 DO YOU HAVE A NEST EGG? “Don’t expect to turn a profit in the first month,” Scarlett warns. “It will take awhile and an investment of time and money before you make money.” Scarlett recommends

figuring out how many months you can go without drawing a salary and still maintain your life. “You need to calculate that so that you don’t go into debt unexpectedly.”

4 ARE THERE ANY BARRIERS? Think licensing, accreditation, regulations and more. “Thoroughly research entry into your industry and assess whether it’s achievable to go into it,” Kooner says. “And keep in mind: The greater the barrier

to entry, the less competition that exists.”

5 DO YOU HAVE PERSONAL SUPPORT? What supports are around you? “If you’ve got a family, how supportive is your spouse about this? Do you have other family commitments?” Scarlett asks. “Your time really becomes stretched in your own business because you’re dealing with whatever needs to be dealt with to ensure the business goes forward.”

A1 NUTRITION POSSESSES PASSION FOR PEOPLE

Clearly there is a reason why A1 Nutrition store has won Winnipeg’s Consumer’s Choice Award in the health food store category for four consecutive years.

What does owner Felly Grieve think it is? Passion. Not only is she passionate about the business, but she in turn has hired equally engaged employees.

“I really wanted to be in this business for a long time because both myself and

my family used supplements,” she says. “I was reading a lot about them and dreamt that one day I’d be in this business.”

That day came in 2004, a year after Grieve had launched a career in nursing. The business came up for sale and the owner warned Grieve he was taking serious inquiries only.

“Really, it was meant to be,” she says. “The business was close to filing bank-

ruptcy, but we bought it and rescued it and made it into a really successful store that helps people.”

Part of turning that business around included expanding the store’s product lines and going out of their way to help customers — that includes helping them source products the store might not even carry, or finding a match inside the store.

And that success has Grieve thinking

about opening a second store at some point in the future.

“My passion has definitely played into my success,” Grieve says.

“Because if you’re not passionate about this type of business, which isn’t really a million-dollar business, it doesn’t work. It’s the kind of business where you feel gratified when customers come back and tell you that you helped them.”



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A1 nutrition

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Left to right: Janice Palmer, Certified Health Instructor and Trainer; Briana Henry in Nutritional Sciences, U of M; Rose Bignola B.S.E., A.N.C., Manager Certified Natural Product Advisor, Applied Nutrition Specialist; Felly Grieve B. Comm., LPN, Proprietor, Certified Natural Product Advisor; and Maria Cherry Samarista, B.S. Medical Technology.

MBJOBS.CA GOES BEYOND POSTING JUST JOBS

mbjobs.ca is all about the Manitoba job market.

"The focus on servicing Manitoba only is definitely one of the competitive advantages we have," notes Jeff Aquino, customer service manager for mbjobs.ca.

After all, mbjobs.ca reaches out across the province to connect employers with job seekers beyond Winnipeg, including Brandon, Portage La Prairie, Selkirk, Steinbach, and Thompson.

Yet, while the business of human resource recruitment has changed significantly in the past five years — think the role of social media in recruiting employees or the development of online advertising — even mbjobs.ca is continuing to move beyond simply posting jobs. That includes a focus on branding employers.

"Creating employer branding, for example, helps a company become the em-

ployer of choice. Part of that is providing them with mbjobs.ca as an online source for candidates," says Larry Licharson, president and founder of mbjobs.ca.

Paul Bennett, account executive, adds, "mbjobs.ca has really taken off, from a unique viewers perspective, over the last two years as we are now averaging over 20,000 monthly viewers. With this growing trend and future advertising initiatives to promote mbjobs.ca, including

a promotion with Metro Winnipeg, we expect to dominate the Manitoba job site market in 2013 and beyond."

mbjobs.ca is very excited about its relaunch, commencing 2013, because the site will become more user-friendly, more efficient and will include new features that will enhance the overall recruitment experience from both an employer and job seeker perspective. It is a very exciting time to be associated with mbjobs.ca.



BRAND.X PICTURES/THINKSTOCK

HELPING OUT WITH STAFFING CHALLENGES

SMITH PERSONNEL STAFFING SOLUTIONS

Smith Personnel Staffing Solutions is a Winnipeg-based business that supplies qualified workers to employers. The firm specializes in the construction, warehousing, trucking and food processing industries, although it fills a wide variety of positions for a wide variety of employers. Most clients and workers are based in and around Winnipeg, with some further afield.

Kelly-Lee Smith has run the busi-

ness since 2000, when she took over from her father, who had worked in the staffing industry for more than 30 years. Her brother operates a second location in Edmonton, and both follow the business model used by their father.

"We're a small, family-owned business that follows a hands-on, personal approach with each of our customers," Smith says. "We call clients every day to ask about their needs and to hear how our placements are doing. This business is all about managing relationships."

Before taking over the company, Smith worked in a variety of industrial and of-

fice jobs. The experience gave her a better appreciation for what employers want when it comes to temporary staff. Her experience also influences the company's approach to managing relationships with the many employees who it secures assignments for each year. Smith Personnel carefully screens all applicants and regularly updates their profiles to ensure that it can quickly assign qualified, available workers.

"Many of our clients appreciate our fast response rate," Smith says. "In many cases, we can have someone on the job within 60 to 90 minutes."

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A sweet ending in a small bite

Glazed Apple-Ricotta Tarts



This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

1. Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

2. In food processor, pulse together flour, cornmeal, sugar and salt to combine.

3. Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

4. Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

5. Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

Ingredients

Pastry

- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) unbleached all-purpose flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

Filling

- 2 lbs (1 kg) apples (such as Spartan, Cortland or Empire), peeled, cored and diced
- 1/4 cup (5 ml) granulated sugar
- 1/4 cup (50 ml) Calvados (apple flavoured liqueur)
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) whole-milk ricotta cheese

Topping

- 2 apples, peeled, cored and thinly sliced
- 1/4 cup (5 ml) bottled apple jelly

6. Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

Healthy eating

Choose it and lose it



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There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

2,280 calories/ 109 gm fat/ 1,380 mg sodium This snack contains an entire day's worth of fat, calories and sodium.



Equivalent

Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.



Small popcorn with 1 pump of Becel, small diet pop and Mars bar

840 calories/ 49 gm fat/ 600 mg sodium You can indulge at your fave flick but it's still not nutritional.



Apple Cranberry Brûlée. Combine two of autumn's most-loved staples

This treat is a cross between a baked pancake, a souffle and a creme brûlée. It has an eggy topping, reminiscent of a pancake, but the egg white in the topping has been beaten to soft peaks, which makes it lighter and airier.

1. Heat the oven to 450 F. In 9-inch round shallow baking dish, combine apples, cranberries, 2 tablespoons maple syrup and 2 tablespoons brandy.

2. Cover baking dish with foil and bake in middle of oven 35 minutes, or until paring knife goes through apples very easily. Remove from oven and increase the oven heat to 500 F.

3. While apples baking, in bowl, whisk egg yolk, remaining 3 tablespoons maple syrup, remaining tablespoon brandy,

Ingredients

- 2 medium apples, peeled, cored, quartered and sliced
- 1/3 cup dried cranberries
- 5 tbsp maple syrup, divided
- 3 tbsp brandy, divided
- 1 large egg yolk
- 1 tbsp cornstarch
- 1/2 tsp vanilla extract
- Pinch table salt
- 2 large egg whites, room temperature
- 2 tbsp dark brown sugar



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

cornstarch, vanilla and salt. Set aside.

4. Once apples tender, in another medium bowl, beat egg whites until form soft peaks. Stir one half of whites into yolk mix, then gently but thoroughly fold in remaining whites. Spread mixture evenly over the top of apples.

5. Place brown sugar in a mesh sieve. Hold sieve above egg topping and press sugar through it to evenly sprinkle it over topping. Bake dessert in top third of the oven until nicely browned, about 2 minutes.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS



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CFL

Als double up on Double Blue to tighten grip on East

Jamel Richardson and Shea Emry scored second-half touchdowns Sunday to give the Montreal Alouettes a 24-12 victory over the Toronto Argonauts — and a home playoff date.

Richardson scored on a 75-yard touchdown reception at 12:25 in the third quarter for the East Division leaders.

The game was a huge one with first place in the East on the line between two teams battling for post-season positioning. The victory put the Alouettes (9-6) in the driver's seat, leading Toronto (7-8) by four points with three games left and owning the tie-breaker.

THE CANADIAN PRESS



Montreal's Jamel Richardson makes a catch under pressure from Pat Watkins on Sunday in Toronto. THE CANADIAN PRESS

NFL

Seahawks surge past Patriots late on Rice's TD catch

Russell Wilson found Sidney Rice behind the secondary for a 46-yard touchdown with 1:18 remaining, and the Seattle Seahawks rallied for 14 points in the final 7:31 to stun the New England Patriots 24-23 Sunday.

THE ASSOCIATED PRESS



Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium. Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GETTY IMAGES

Missed call propels Tigers to 2-0 lead

ALCS. Umpire's gaffe leads to pair of Detroit runs in tightly contested Game 2

Anibal Sanchez and the Detroit Tigers made the plays, got a favourable call from an umpire and took advantage of their few chances at the plate.

The reward: A commanding lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down a Yankees lineup minus injured

Game 2

3

Tigers

0

Yankees

shortstop Derek Jeter, and Detroit won without any drama, beating New York 3-0 Sunday for a 2-0 cushion.

Yankees starter Hiroki Kuroda pitched perfect ball into the sixth inning but the slumping New York hitters

looked lost.

Making his second post-season start, Sanchez pitched three-hit ball deep into the game to make Tigers manager Jim Leyland's handling of a bullpen without struggling closer Jose Valverde a lot easier.

The Tigers scored twice in the eighth after second base umpire Jeff Nelson missed a call on a two-out tag at second base.

Game 3 in the best-of-seven series is Tuesday night in Detroit, with reigning AL MVP Justin Verlander starting for the Tigers against Phil Hughes. Verlander went 2-0 in the div-

Jeter injured

Yankees shortstop Derek Jeter was absent for Game 2 on Sunday, off undergoing tests after his left ankle cracked in the 12th inning of Saturday night's 6-4 loss to the Tigers.

- Jeter had scans Sunday, which confirmed the fracture.

ision series versus Oakland, including a four-hit shutout with 11 strikeouts in the decisive Game 5. THE ASSOCIATED PRESS

Lions get 'on track' after ferocious rally



Jason Hanson of the Lions celebrates after kicking a 45-yard field goal in overtime against the Eagles Sunday in Philadelphia. JOE ROBBINS/GETTY IMAGES

Desperate to save a season, Matthew Stafford rallied the Lions in the fourth quarter.

With a chance to cap an unlikely comeback, Jason Hanson finished the job in overtime.

Down 10 points in the fourth, Stafford put a miserable start behind him, scrambling into the end zone and completing big-gain passes. Hanson delivered in the clutch just like he has so many times, kicking a 45-yard field goal in overtime to lift the Lions to a 26-23 OT win over the Philadelphia Eagles on Sunday.

"Playing 20-plus years in the league, you go out there and

Sunday's game

26

Lions

23

Eagles

know it's more than a just a kick for that game," said Hanson, at 42 the oldest player in the league and in his 21st pro season. "We had been close a couple of times this year and hadn't come through. We needed it for that reason and to get

our season on track."

The rally prevented the Lions (2-3) from a 1-4 start a year after opening 5-0 en route to their first playoff appearance since 1999.

Stafford ran and threw for a TD in the fourth quarter and Hanson kicked two field goals to accelerate the comeback. Stafford finished with 311 yards passing, one TD and one interception.

"These guys in that locker room, they fight. They fight until the end," Stafford said. "Whether it's a game or season, it doesn't matter."

THE ASSOCIATED PRESS

4 SPORTS

Horoscopes

Aries

March 21 - April 20

Not even an Aries can be totally independent, not all the time, so accept that this is one of those occasions when others are calling the shots – and don't just assume that their decisions will be bad for you.

Taurus

April 21 - May 21

An offer of some kind may mean more work for you personally but you are big enough to handle it – and smart enough to realize that if you don't take it someone else will. Don't you dare say no!

Gemini

May 22 - June 21

Today's new moon is so well placed in your chart that even the smallest of efforts on your part will yield super-size dividends. Is there a limit to how high you can rise? No there is not, so go for it.

Cancer

June 22 - July 23

It's time to smooth out any problems you may be having at home. Don't wait for loved ones to make the first move – it is up to you to get bad feelings into the open where they can be dealt with.

Leo

July 24 - Aug. 23

You must make more of an effort to put your point of view across, especially in social situations where your way with words could open doors that have been closed to you in the past. Get your silver tongue working.

Virgo

Aug. 24 - Sept. 23

There is a very good chance that your income will increase over the next few days, maybe dramatically so. You will, of course, find more things to spend it on, so you may not be any better off.

Libra

Sept. 24 - Oct. 23

A new moon in your sign is a firm promise of better days ahead. The most important thing now is that you believe you are capable of anything, for the one thing that could hold you back is self-doubt.

Scorpio

Oct. 24 - Nov. 22

You will be thinking deeply today about your life and the direction it seems to be heading. Change is necessary. Change will bring success. But first you must get over your self-doubt – there is simply no need for it.

Sagittarius

Nov. 23 - Dec. 21

New friendships you make over the next two or three days will last a lifetime. Even a Sagittarius needs encouragement now and again and the people you meet will inspire you to aim higher than ever before.

Capricorn

Dec. 22 - Jan. 20

Today's new moon means you are destined for some kind of celebrity status – you will certainly get noticed by the powers that be. Remember though that the bigger your public face the less of a private life you may have.

Aquarius

Jan. 21 - Feb. 19

If you have been thinking about doing something different with your life today's new moon in your fellow Air sign of Libra will help you see that your dream is both possible and desirable.

Pisces

Feb. 20 - March 20

Today's new moon will help you focus on what is important and help you make whatever tough decisions may be necessary. What you achieve before the end of the year depends on what you do now.

SALLY BROMPTON

More of Same

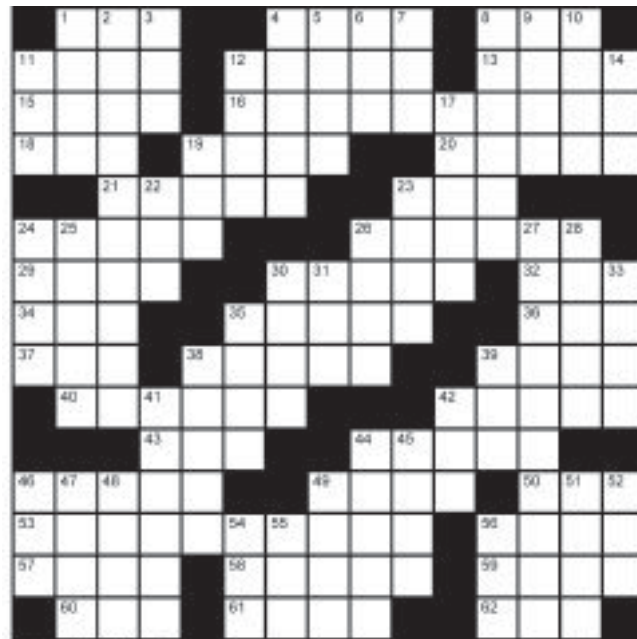
Across

1. Expire
4. Feeling achy
8. Ballplayer's hat
11. Pig sound
12. Chess and checkers
13. ___ the Red: 10th-century explorer who founded the first Norse settlement in Greenland
15. Stockings
16. Visiting faraway places
18. Québec neighbour: abbr.
19. Express pain vocally
20. Assistants
21. Covered with water
23. "Barbara ___": 1966 Beach Boys hit
24. Better suited
26. Slumbers
29. Box office disaster
30. Heads or ___: flip choice
32. Certain batteries
34. Female sheep
35. Cash drawers
36. Street: Fr.
37. ___ star: sheriff's badge
38. Appeal strongly to
39. Sask. neighbour
40. Engraves with acid, as glass
42. Foreign
43. Stop color
44. Christmas visitor
46. ___ as that goes: to that extent (2 wds.)
49. Troubadour
50. Wizard of Oz and 2001: A Space Odyssey studio
53. Capital of the Yukon
56. Protagonist
57. Sole

58. Military bigwigs
59. All over again
60. "Limit: one ___ customer"
61. Heed
62. Pig pen

Down

1. See 8-Down
2. Partial regular payment on a debt
3. ___ out a living: barely manage
4. NS-born singer McLachlan
5. Arabian Peninsula sultanate
6. Race, as an engine
7. 180° from WNW
8. With 1-Down, Charlemagne, Québec-born pop singer who has a spectacular show at Caesars Palace in Las Vegas
9. Dry
10. Scent for a car freshener
11. "So that's it!"
12. Bygone Pontiac muscle cars
14. Metric wts.
17. Country roads
19. Cause surface damage to
22. Spider's lair
23. "___ fair in love and war"
24. Aid, particularly someone in the commission of a crime
25. "Changes," "Fame," and "Let's Dance" rocker David



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26. Buildup at a river's mouth
27. Canada's government
28. Fry in butter
30. Canada's quintessential coffee and donut place, familiarly
31. Mont Blanc or Matterhorn, e.g.
33. Actor Young or Penn
35. Started a golf hole, with "off"
38. "Been ___, done that"
39. PC key usually next to the spacebar
41. Lunar landscape feature
42. In addition
44. Fresh-mouthed
45. Greek counterpart of Mars (god of war)
46. Hole-punching tool
47. Browse at the mall
48. Judge's decision
49. Scottish hillside
51. Between black and white
52. Cut grass
54. The Sopranos home
55. The sun, for one
56. Possesses

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY



MAX: 15°
MIN: 4°

TUESDAY

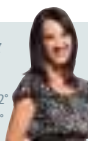


MAX: 15°
MIN: 6°

WEDNESDAY



MAX: 12°
MIN: 5°



JENNA KHAN
WEATHER SPECIALIST

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